

AVP Registration - Basic workshop

Sat. and Sun. 13-14 March 2004

Times

Saturday	8.30am-7pm
Sunday	8.30am-5pm

Venue Anzac Hill High School, Alice Springs

Costs:

\$80 Organisations
\$60 Individuals
\$40 Concession Card Holders

The fee includes lunches, morning and afternoon teas, Saturday evening meal and workshop fees.

*****Please register by 27 February as places are limited*****

For more information please contact:

Stephen	8952 9970 (AH)
Christine	8952 6427 (AH)
Ken	8952 7344 (BH)

www.avp.org.au

How AVP Began

The Alternatives to Violence Program began in 1975. An inmate group at Green Haven Prison in New York was working with youth gangs and teenagers at risk but they were having difficulty getting across their message about the consequences of violence. They sought help from the Quakers to conduct a workshop for them.

The workshop that followed was so successful that requests were received for more. AVP was born and quickly grew. It became evident that the program, designed for prison inmates, was useful to everyone. Community groups sought AVP training and workshops for the general public began.

AVP currently conducts hundreds of workshops each year in the community, in schools and in prisons throughout the Australia and the world. There is now a group of trained facilitators in Alice Springs to run workshops in the community.

What is the AVP Program?

- It is a program which is voluntary, run by trained volunteers
- It is an individual program, helping participants learn new ways of dealing with conflict
- It is a community program offering a new approach to community groups
- It is a prison program, helping inmates learn new skills and attitudes that often lead to more fulfilling lives
- It is an intensive learning experience for individuals. Workshops are conducted over two days, usually over a weekend.

Although founded by Quakers and based on their belief in an in-born power for peace in everyone, AVP draws participants and trainers from all religions, races and walks of life.



Workshop Levels

There are three different levels of workshop which are offered at different times.

1. Basic workshop
2. Advanced workshop
3. Training for facilitators workshop

The Basic AVP Workshop focuses on primary conflict resolution skills using step by step group exercises and experiences. The emphasis is on:

- Affirmation: building self esteem
- Communication: improving both listening skills and assertive methods of expression
- Cooperation: developing cooperative attitudes that avoid competitive conflicts
- Creative conflict resolution
- Poor Communication: builds frameworks for connecting with others
- Stereotyping: builds awareness of stereotyping, bias and prejudice
- Lack of forgiveness: builds the groundwork of reconciliation.

AVP Philosophy

- It's not therapy – but it can be healing
- It's spiritual rather than religious
- See the good in everyone
- Learn by getting involved
- All teachers & all learners
- We are all volunteers
- It's fun and safe

The Key messages of AVP

- Respect for self
- Care for others
- Seek a non-violent path
- Think before reacting
- Expect the best
- Transforming Power



ALTERNATIVES TO VIOLENCE PROGRAM



Creating Peaceful Pathways

BASIC Workshop
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Sunday 14 March 2004

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ALICE SPRINGS